

Thursday September 15th

5pm - 7pm Google Meet

Virtual

visual journaling
WORKSHOP

The workshop will include inspiration examples, demonstration, and open work time. Participants will use a journal of their choice. Learn how you can develop this visual process on your own to continue developing a contemplative practice for yourself.

Contact Annalise Castro, MAATC at acastro@ourresilience.org to receive the meeting link

Open to adult survivors 18+, all genders welcome

At A Journal Workshop

Marcel A. Müller



At A Journal Workshop:

Delve into the emotional tapestry woven by Crafted by in Dive into the Emotion of **At A Journal Workshop** . This ebook, available for download in a PDF format (*), is more than just words on a page; it's a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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